



General Release of Liability

I _____ hereby agree to the following:

I am participating in physical activity at Renew Physical Therapy & Pilates, LLC which may include, but is not limited to Pilates-based exercise programming (Pilates Reformer, Trapeze Table, Combo Chair, Fuse Ladder, CoreAlign, Bodhi, etc) and/or physical therapy services rendered by a licensed physical therapist in the state of Colorado. I recognize that any physical activity may be strenuous and may cause injury, and I am fully aware of the risks and hazards involved in such activity including serious personal injuries, paralysis, and death.

I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation in these classes/private sessions. I understand that it is my responsibility to consult my physician prior to initiating Pilates-based exercise programming regarding my participation in these classes/private sessions. If I have any existing medical conditions, I have been cleared by my doctor to participate in activities at Renew Physical Therapy & Pilates, LLC and have explained in detail on the intake forms and in person.

In consideration of being permitted to participate in these classes and/or private sessions, I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I might incur as a result of participation in these activities or as a result of negligence. In further consideration of being permitted to participate in these classes, I knowingly, voluntarily and expressly waive any claim I may have against Renew Physical Therapy & Pilates, LLC for injury or damages that I may sustain as a result of participating in these activities.

I, on behalf of myself, my family, heirs, successors, assignees, and anyone claiming any interest through me, hereby KNOWINGLY, INTENTIONALLY, AND VOLUNTARILY WAIVE, RELEASE, INDEMNIFY AND AGREE TO HOLD HARMLESS RENEW PHYSICAL THERAPY & PILATES, LLC, all agents of Renew Physical Therapy & Pilates, LLC and all landowners (owned, leased or otherwise) FROM ANY AND ALL ACTIONS, SUITS, CLAIMS, DAMAGES, AND LIABILITY.

I have read the above release form and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature of Participant: _____ Date: _____

Parent/Guardian Signature for Participants of Minority Age (under 18 yo)